



Where can I get EPSDT care?

Call a doctor, clinic or health department that accepts medical cards and provides EPSDT screening and treatment services. If you belong to a managed health care plan (for example, Group Health), your child's Primary Care Physician will provide the screening and treatment services.

If you need help to find transportation or a doctor, nurse practitioner or clinic in your area, you may call this toll-free number:

1-800-562-3022

To find a dentist, call the local dental society in your area. It will be listed in your yellow pages under "Dentist Referral."

Suggestions

1. It is important to keep your appointment. Call ahead if you can't keep your appointment.
2. Ask your nurse or doctor to explain if you don't understand the information they give to you.
3. Make a list of questions you may have for the doctor and bring it to your child's appointment.
4. Take snacks with you for young children in case you have to wait for your appointment.
5. Use your regular doctor if possible.
6. Keep a record of your child's shots. You will need this record for schools, Head Start, and child care programs. This is important.
7. Try to schedule exams before or after September each year. This is a busy time for doctors and clinics and it might be hard getting an appointment.
8. Teenagers may want to go to their health checkup alone. This is okay. They may need a note from you. Be sure they have their medical cards with them when they go.

Discrimination is prohibited in all programs and activities: No one shall be excluded on the basis of race, color, religion, creed, national origin, sex, age or handicap.



DSHS 22-019(X) (Rev. 12/01)

EPSDT

Early Periodic Screening Diagnosis and Treatment



Well Child Checkup



What is "EPSDT"?

Every child between birth and 21 years of age needs to have regular health checkups.

"EPSDT" is a health program for children with medical cards, including foster children. With EPSDT, children can get a regular checkup. The checkup will help find health problems early, before they get worse. You can also get treatment for problems found in the exam. EPSDT does not cost you if you use your medical card.

Why should your child be checked?

Even when your child looks well, he or she may have health problems that are not easy to see. Many children have health problems that are not found early. For instance, many children have hearing problems that make it hard for them to learn or talk well. Also, seven out of ten children below the age of six have problems with their teeth and need dental care.

If these problems are found early, treatment may keep the problems from getting worse.

Also shots (immunizations) are part of the EPSDT program. Shots can keep your child from getting certain diseases. Your child must have these shots to enter school, Head Start and certain day care centers.

When should children get a checkup?

The first exam can be given when you first become eligible for medical cards. Children two to six years old should then get a EPSDT checkup once a year. Children seven through age 20 should go every other year. If you suspect a problem, your child may be checked more often.

If your child is younger than two years old, check with your doctor or nurse about when to bring in your child. Generally, young children should have checkups at the following ages:

| | | |
|----|-----------|---------------------------------|
| 0- | 2 months | 2 years |
| | 2 months | 3 years |
| | 4 months | 4 years |
| | 6 months | 5 years |
| 9- | 12 months | 6 years |
| | 18 months | Every two years until age 20 |

Make an appointment for a time when your child is well. (Children can't have certain shots when they are sick.) Ask about updating your record of shots during these appointments.

What happens during a EPSDT checkup?

You and your child will go into the examining room together. The checkup does not hurt your child nor does it take long. The type of checkup will depend on your child's age.

A checkup includes some or all of these:

- questions about your child's general health;
- physical examination (your child will need to be undressed);
- sight and hearing tests;
- shots;
- questions about what your child eats;
- questions and tests that help find out how your child is growing and learning; and
- tests, such as urine and blood.

If your child needs to get medical care for a possible problem that is found during the checkup, your medical cards will also pay for that follow-up care. Be sure to get this care.

If your child is age two or older, he or she should have a dental checkup. Your child can go to a dentist at any age if there seems to be a problem in his or her mouth. You do not need to get a referral from your doctor to go to the dentist. Your medical cards will pay for a dental checkup for your children twice a year.